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good husvives

o **a Jewell.** *88 18*

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Wherein is to be found most excellent and rare Devises for conceites in Cookery, found out by the practise of Thomas Dawson.

THE *8096*
Wherevnto is adioyned sundry approued receits for many soueraine oyles, and the way to distill many precious waters, with diuers approued medicines for many diseases.

G. STEVENS

Also certain approued points of husbandry, very necessary for all Husbandmen to know.

Newly set foorth with additions. 1596.

Imprinted at London for *Edward White,*
dwelling at the litle North doore of
Paules at the signe of the Gun.

REV. J. H. H. H. H.

G. STEEVENS

Here followeth the order of meate
how they must be serued at the Table,
with their sauces for flesh daies
at dinner.

The first course.

Potage or stewed broath, boyled meate
or stewed meate, Chickins and Bacon,
powdred Beefe, Pies, Goose, Pigge, Ro-
sted Beefe, roasted Meale, Custard.

The second course.

Roasted Lambe, Roasted Capons, Roasted
Conies, Chickins, Pheennes, Baked Me-
nison, Tart.

The first course at Supper.

A Salet, A Pigges petitor, Powdred
Beefe sliced. A Shoulder of Mutton or a
Breast, veale, Lambe, Custard.

The second course.

Capons roasted, Conies roasted, Chic-
kins roasted, Pigeons roasted, Larkes roasted,
A pye of Pigeons or Chickins, Baked Me-
nison, Tart.

The service at Dinner.

A dosen of Quails, A dishe of Larkes,
Two pasties of red beare in a dish, Tarte,
Ginger bread, fritters.

Service for fish daies.

Butter, a Sallet with hard Egges, Potage

The order of seruice

of sand Celes and Lamrerns, Red Herring
greene broyled strowed vpon, White Her-
ring, Ling, Haburdine, Mustard, Salte
Salmon minced. Two pasties of fallowe
are in a dish, a Custard, a dishe of Lea-
ches.

The second course.

Jelly, Peacocks, Sauce wine and Salt,
two Conies or halfe a dosen Rabets, sauce
Mustard and Sugar, halfe a dosen of Pigi-
ons, Gallard, Toyle, sauce Mustard and
Mergious, Gules, Stozke, Heronshe we,
Crabbe, Sauce Valentine, Curlew, Wit-
ture, Bustarde, Feasant, Sauce Water
and Salte, with Dnyons sliced, halfe a do-
sen Woodcocks, sauce Mustard and Su-
ger: halfe a dosen Leales, sauced as the
Feasantes, a dosen of Quailles, a dishe of
Larkes, two Pasties of red Deare in a dish.
Tarte, Ginger bread, Fritters.

Seruice for Fith daies.

Butter, a Hallet with hard Egges, po-
tage of sand Celes, and Lamperns, Red
Herring, greene broyled strowed vpon,
White Herring, Ling, Haburdine, sauce
Mustard, Salte Salmon minced, sauce
Mustard and Mergious, and a little sugar,
Powdred Cunger, Shadde, Mackrell,
sauce

At the table.

Sauce vineger:

Whytting: Sauce, with the Liuer & Mustard. Playce: Sauce. Sozell, oz Wine, and salt oz mustard, oz Mergious.

Thorneback: sauce, Liuer and mustard, Pepper and salt strowed vpon, after it is bruised. Fresh Cod: Sauce: greene sauce.

Dace, Gullet. Celes vpon soppes. Roche vpon soppes. Perch. Pike in Pikesauce. Trowte vpon soppes. Tench in Gelly oz Sozeill. Custard.

The second course.

Flounders oz Flokes pyke sauce. Fresh Salmon. Fresh Conger, Brette, Turbut, Halybut. Sauce vineger.

Bream vpon soppes. Carpe vpon soppes. Soles oz any other Fishes fried. Rosted Cele: Sauce the dripping. Rosted Lamperns. Rosted Porpos. Freshe Sturgion. sauce Valentine.

Crcuis, Crab, Shrimps sauce vineger.

Baked Lamprey, Tarte, figges, Apples, almondes blaunched, Cheese, Rappins, peares.

INIS.

A Booke.

To boile Larkes.



TAke Sweet Bread, & strain it into a pipkin, and set it on the fire, and put in a peece of Butter, and skym it as cleane as yee can, and put in spennedge, & endiue, and cut it a little, and so let it boyle, and put in Pepper, Cloues and Mace, Cynamon and Ginger, and a little bergious, and when you serue them vp, lay soppes in the dish.

To boile Conies.

TAke a Cony and perboile it a little, then take a good handful of persely and a few Sweet hearbs, and the yolks of 4. hard egges chop them all together, then put in pepper, and a few Currans, and fill the Conies bellie ful of Butter, then prick her head betweene her hinder legges and break her not, and put her into a faire earthen pot with mutton broth, and the rest of the stufte roll it vp round and put it in withall, and so boyle them well together, and serue it with soppes.

To

of Cookerie.

To boyle a Cony.

You must boyle your Cony, and strayne your sweete breade into a Pipkin, and put in your meate, skumme it as cleane as you can, and put in a good deale of Endiue, and cut it a little, and a good peece of Butter, and all kinde of spices, and a little bergious, and so serue it on soppes.

To boile Chickens.

First you shall take Chickens and boyle them with grapes and with a racke of Mutton together and let the racke of mutton boyle befoze the Chickins one houre and a halfe, and then make a bunch of herbs with Rosemarie, Tyme, Sauoye and Aslope, and also Margerum, and binde them fast together, put them in the pot, and when you see your time put in your Chickens with Parsellie in their bellies and a little sweet butter, bergious, and pepper, & when you haue so done, boyle your grapes in a little pipkin by themselves with some of the broth of the Chickins, but take heede you boyle not them too much, nor yet too lyttle, and then take the yolkes of sixe egges and straine them with a little broth of the pot, and when they are strayned put them in the pipkin to the grapes and stirre them and

A booke

When they begin to boyle take them from the fire and stirre them a good while after you haue taken them vp and then haue your Syppets readie in a platter, and laye your meate vppon it, and then take your Pyppins and grapes and all that is in them and poure it vpon the meate. And after this sort serue it in.

To boile mutton and Chickens.

TAke your mutton and Chickens and sette vppon the fire with faire water and when it is well skummed, take two handfull of Cabadge, Lettice, a handfull of currants a good peece of butter, the iuyce of it. or three Lemmons, a good deale of grosse Pepper and a good peece of Sugar, and let them seeth all well together, then take three or foure yolkes of egges togeather harde roasted, and straine them with parte of your broth, let them seeth a quantitie of an houre. Serue your broth with meate vppon Syppets.

To boile Chickies.

STrayne your broth into a pipkin, & put in your Chickies, and skumme them as cleane as you can and put in a peece of butter, and a good deale of Sazell, and so let them boyle, and put in all manner of spices,
and

and a lyttle berinyce pycke, and a fewe Barberies, and cutte a Lemman in peeces, and scrape a little Sugar vppon them, and laye them vppon the Chickins when you serue them vp, and lay soppes vpon the dish.

An other way to boyle
Chickins.

You must strayn your bzoth into a pipkin, and set it a boyling, and skumme it & put in a peece of butter, & endiue, and so let it boyle, and a fewe currants, all maner of spices, and so serue it on soppes.

To boile Plouers.

You must straine your sweet bzoth into a pipkin, and set them on the fire, and whē they boile, you must skum them, and then put in a peece of Butter, and a good deale of spennedge, and a litle parsely, and a peece of carret roote cut verie small, and a fewe currants, and so let them boyle, and all manner of spices, and a litle whyte wine, and a litle vergice, and so serue them vpon soppes.

To boile Teales.

Take sweete bzoth and Onions, and shred them, and Spennedge, and put in butter and pepper, and then laye it with
tostes

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tosses of bread, with a little bergious, and so serue it on soppes.

To boile steakes betweene two dishes.

Y Du must put Parselye and Currants, and Butter and bergious, two or thre yolkes of egges, and Pepper, Cloues and Mace, and so let them boile together, and serue them vpon soppes.

To boile a neates tongue.

IN primis, in fayre Water and salt, then peepe it, and cut it in the middle, and then boile it in red wine, & fill him full of cloues, and a little suger, and then wash it with a little sweete broth, to doe away the sent of the Wine. and you must make a little red Musket with red wine and prunes boyled together, then strayne it, and strayne a litle mustard in a fine clout together, & so serue it.

To boile a capon.

Put the Capon into the pouder beefe pot, and when you thinke it almost tender, take a little potte and put therein halfe water and halfe wine, marie, currants, dates, whole mace, bergice, pepper, & a litle time.

The boyling of a capon.

Setth the Capon it selfe in water and salt and nothing else, and to make the broth
Viz.

Viz. Take strong broth made with beefe or mutton broth, so that it be strong broth, and put into it, rosemarie, parsellie & tyme, with iiii. leaues of sage, this let seeth in it a good while, and then put into it small raysons and a fewe whole mace. A quarter of an houre before it be readie to bee taken from the fire, haue readie sodden foure or v. egges boyled harde, take nothing out but the yolks streyne the egges with a little of the same broth and bergice, haue a litle marie cut in small peeces and an apple pared, and cutte in small peeces, and if that time of yeare do serue, take the best of lettice, cutting off the toppes to the white and best, and take a fewe prunes with two or thre dates.

Thus let it seeth a quarter of an houre or more, and when it is ready to take vp, haue your dish with soppes readie, and the water well strained out of the capon, and then season the broth with a little pepper, then take it and dish it and scrape vpon it a litle suger laying the prunes round about the dish side.

To boile a Capon with Orenge
and Lemmons.

Take Orenge or Lemmons pilled,
and cutte them the long way, and if you
can keepe your cloues whole and put them
into

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into your best broth of Mutton or Capon with prunes or currants and thzee or foure dates, and when these haue beene well sodden put whole pepper great mace, a good peece of suger, some rose water, and eyther white or claret wine, and let al these seeth together a while, & so serue it vpon soppes with your capon.

To boile a capon in white broth
with almondes.

TAke your Capon with marie bones and set them on the fire, and when they be cleane skummed take the fattest of the broth, and put it in a little pot with a good deale of marie, prunes, raisons, dates whole maces, & a pinte of white wine, then blanch your almondes and strain them, with them thicken your pottle & let it seeth a good while and when it is enough serue it vpon soppes with your capon.

To boile a Capon in white broth.

TAke a good Capon and scalde him and trusse him and when he is faire washed put him in your pot, and take a good marie bone too, or if you haue no marie bone take a necke of Mutton and when your Capon is halfe boyled take a pottle of the vppermost of your broth and put it into a fayre posnet,

posnet, then take two handfulls of fine Currans, and big Dates cut euery one of them in foure peeces, and four oz fine whole mace, foure spoonfulls of Mergious, and so much suger as an egge, a little Time, and a little persely, and a little Margerum, and if you haue no Margerum, then one small sprig of rosemary, bind all your hearbes fast together, and when you haue cleane washed them, put to the saide hearbes Suger, currans, mace, and bergice into your posnet, and a grated Putmegge, and let them boyle altogether, and when it is almost enough, haue a small handfull of almondes blanchèd and beaten, and strained with a little of the same liquor, and put that into your broth a good quarter of an houre before you take it vp, and that will make it white, you must also put in some good peeces of marie, and let not the marie and the Dates seeth aboue halfe an houre, you must take a good handfull of pynes, and tie them in cleane clothes, & seeth them in the broth where the Capon is, when you take vp your capon to serue it in, lay a few sippets in the bottome of your platter, and lay a few pynes and Barberyes both about the byrme of the platter, and also vpon the capon,

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Capon, you may boyle chickens in the like sort.

To make boyled meates for dinner.

TAke the ribbes of a necke of Mutton, and stusse it with Margerum, sauery, time, persely chopped small, currants, with the yolkes of two egges, pepper & salt, then put it into a posnet with faire water, or else with the liquoz of some meate, with vineger, pepper, and salt, and a little butter, and so serue it.

To boyle meates for supper.

TAke beale and put it into a posnet with carret roots cut in long pèces, the boile it and put thereto a handfull of prunes and crummes of Bread, then season it with pepper, salt and vineger.

To boyle a legge of Mutton with
a Pudding.

First with a knife raise the skinnie round about till you come to the ioynts, & when you haue perboiled the meate, shzed it fine with suett or marie, Persely, Margerum, and penyriall, then season it with pepper, and salt, cloues, mace, and cinamon, and take the yolkes of ix. or x. egges, and myngle with your meate a good handfull of currants, and a fewe minc'd, dates and put the
meate

meate into the skinne of the legge of mutton and close it with pyckes, and so boyle it with the broth that you boyle the Capon, and let it seeth the space of two houres.

To boile pigges feete and peritoes.

TAke and boyle them in a pint of bergice & bastard, take foure dates minced with a few small raysons, then take a little time and chop it small and season it with a little synamon and ginger and a quantity of bergice.

To make a mortis.

TAke almondes and blanche them, and beate them in a mortar, and boyle a Chicken, and take al the flesh of him, and beate it, and streine them together, with milke and water, and so put them into a pot, and put in Sugar, and stirre them All, and when it hath boyled a good while, take it of, and set it a cooling in a payle of water, and straine it againe with Rose water into a dish.

To boyle a Lambes head and purtenance.

Straine your broth into a pipkin, and set it on the fire, and put in butter, and skimme it as cleane as you can, and put in your meate, and put in endiue, and cut

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cut it a little, and straine a little yeast, and put into it, and currans and prunes, and put in all manner of spices, and so serue it vpon soppes.

To boyle Quailles.

Firste, put them into a Pot with sweete broth, and set them on the fire, then take a Carret roote, and cut him in peeces, and put into the potte, then take perselye with sweete hearbes, and chop them a little, and put them into the potte, then take Synammon, Ginger, Putnegges, and Pepper, and put in a little Mergice, and so season it. with salt, serue them vpon soppes, and garnish them with fruit.

To make stewed Steakes.

Take a peece of Dutton, and cutte it in peeces, and washe it very cleane, and put it into a faire potte with Ale, or with halfe Wine, then make it boyle, and skumme it cleyne, and put into your pot a faggot of Rosemary and Lime, then take some Parsely picked fine, and some onyons cut round, and let them all boyle together, then take prunes, & raisons, dates, and currans and let it boyle altogether, and season it with Synammon and Ginger, Putmeggs, two or three Cloues, and Salt, and so serue it on

it on foppes, and garnish it with fruite.

To stewe Calues feete.

TAke calues feet faire blanched and cut them in the half, & when they be moze then halfe boyled, put to them great raisons, mutton broth, a little saffron, and swete butter, pepper, suger, and some sweet hearbes finely minced, boyle calues feete, Sheepes feete, or lambes feete with Mutton broth, swete hearbes and Onyons chopped fine, Butter and Pepper, and when they boyle, take the yolke of an egge and straine it with bergice, so serue it.

To stewe a Mallard.

TAke your Mallard and sethe him in faire water, with a good marie bone, and in cabbadge wort, or cabbadge lettice, or both, or some persnep rootes, & carret rootes, and when all these be well sodden, put in Prunes, put in Prunes enough, and thre dates, and season him with saite, cloues and mace, and a little suger & peper, and then serue it forth with sippets, and put the marie vpon them, and the whole mace, lay on the sippets, and the dates quartered, and the prunes, and the rootes cut in round flyces, and lay the vpon the sippets also, and the cabbadge leaues lay vpon the Mallard.

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To make Aloes.

TAke a legge of beale or mutton, and slice it in thin slices, and lay them in a platter, and cast on salte, and put thereon the yolkes of tenne Egges, and a great sorte of small raisons and dates finely minced, then take vineger, and a little saffron, cloues and mace, and a little Pepper, and mingle it together, and poure it all about it, and then al to worke it together, and when it is thoroughly seasoned, put it on a spit, and set platters vnderneath it, and baste it with butter, and then make a sauce with Vineger, and ginger, and suger, and lay the aloes vpon it and so serue it in.

To make Fritters of Spinnedge.

TAke a good deale of Spinnedge, and washe it cleane, then boyle it in faire water, and when it is boyled, then take it forth and let the water runne from it, then chop it with the backe of a knife, and then put in some egges and grated Bread, and season it with suger, Cinamon, ginger, and pepper, dates minced fine, and currans, and rowle them like a ball, and dippe them in Butter made of Ale and flower.

A Fritter to be made in a Moulde.

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TAke Ore white and mince it fine, then take Dates and mince them fine, then take Currans, Egges, white grated bread and season it with suger, sinaman, and ginger, cloues, mace and saffron, and stirre it well together, then driue a thicke Cake of paste, and lay in the moulde, and fill it with the stusse, and lay another cake of past vpon it, then logge it about, and so fry it.

To boyle Pigeons in blacke
broath.

First roste them a litle, then put them into an earthen pot, with a litle quantitie of swete Broth, then take Onyons, and slice them, and set them on the Coles with some butter to take away the sent of them, put them into the Pigeons, and leyze it with a tosse of bread, drawne with Vineger, then put some swete hearbes halfe cut, and synamon and Ginger, and grosse Pepper, and let them boyle, and season them with salte, serue them vpon soppes, and garnish them with fruit.

To smere a Conie.

TAke the Liuers and boyle them, and choppe it, and sweet hearbs, apples, and the yolkes of hard egges, and choppe them altogether, and currans, suger, sinamon,

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ginger and perselye, and fill the Conny full hereof, then put her into the swæte bzoth, and put in sweete Butter, then choppe the yolks of hard egges, synamon, ginger, Sugar, and cast it on the Cony when you serue it vp, season it with salte, serue it on soppes, and garnish it with fruite.

To boyle a Mallard with
Cabbadge.

TAke some cabbedge, and prick and wash them cleane, and perboyle them in faire water, then put them into a Collender, and let the water runne from them cleane, then put them into a faire Earthen Pot, and as much swæte Bzoth as will couer the cabbadge, and sweete Butter, then take your Mallard and rolle it halfe enough, and saue the dzinging of him, then cut him in the side, and put the mallard into the cabbedge, and put into it all your dzinging, then let it stew an houre, and season it with salte, and serue it vpon soppes.

To boyle a Ducke with
Turneps.

TAke her first, and put her into a pottle with stewed bzoth, then take perselye, and sweete hearbs, and chop them, and perboyle the rootes very well in another pot, then

then put vnto them sweet butter, Cynamon, Ginger, grosse Pepper and whole Mace, and so season it with salt, and serue it vpon soppes.

To make white Effings.

TAke great Omeale, and lay in milke to steepe, then put in the yolkes of some Egges, and take Ore whyte and mince it small, then season it with suger, cynamon, ginger, cloues, mace, and saffron, and salt, and so fill them.

To make blacke puddings.

TAke great otmeale and lay it in milke to steepe, then take sheepes bloud and put to it, and take Ore white and mince into it, then take a fewe sweet hearbes and two or thre lecke blades, and choppe them very small, and then put into it the yolkes of some egges, and season it with Cynamon, ginger, cloues, Mace pepper and salt, and so fill them.

To make strong broth for

sicke men.

TAke a pound of almonds and blanche them, and beat them in a mortar very fine, then take the braines of a capon and beat with it, then put into it a litle creā, and make it to drawe through a Strayner,

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then set it on the fire in a dish, and season it with rose water and suger, and stirre it.

To boile a Breame.

TAke White wine and put it into a pot, and let it seeth, then take your breame and cut hym in the midst, and put him in, then take an Onion and chop it small, then take nutmegs beaten, cinamon and ginger, whole mace, and a pound of butter, and let it boile altogether, and so season it with salt, serue it vppon soppes, and garnish it with fruite.

To boile Muskles.

TAke water and yest, and a good dish of butter, and Onions chopt, and a lyttle pepper, & when it hath boyled a litle while, then see that your Muskels bee cleane washed, then put them into the broth shels and all, and when they be boiled wel, then serue them broth and all.

To boile Stock fish.

TAke Stock fish when it is well watered, and picke out all the baste cleane from the fish, then put it into a pipkin, and put in no more water then shall couer it, and set it on the fire, and as soone as it beginneth to boyle on the one side, then turne the other side to the fire, and as soone as it beginneth to

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to boile on the other side, take it off, and put it into a Colender, and let the water runne out from it, but put in salt in the boyling of it, then take a little faire water and sweete butter, and let it boyle in a dish untill it bee something thick, then powze it on the stock fish and serue it.

To make bake meates.

TAke a legge of Lambe, and cut out all the fleshe, and saue the skynne whole, then mince it fine and white with it, then put in grated bread, and some egges white and all, and some Dates and Currantes, then season it with some Pepper, Cinnamon Ginger, and some Nutmegges and Carrawaies, and a little creame, and temper it altogether, then put it into the legge of the Lambe againe, and let it bake a little before you put it into your Pye, and when you haue put it into your Pye, then put in a little of the Pudding about it, and when it is almost baked, then put in berince, sugar and sweet butter, and so serue it.

Another bake meate.

TAke a leg of beale, and cut it in slices, and beat e it with the back of a knife, then take time, margerum and peni-riall, sauerie, and perselye, and one Oni-
on,

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on, and chop them altogether verie small, then breake in some egges whites and all, and put in your hearbes and season it with pepper, nutmegs and salt, and a litle suger, then stirre them altogether, and then lay them vp like allowes, and cast a fewc currants and dates, and butter amongst them.

Another bake meate.

TAke two pounde of White and a litle beale, and mince it together, then take a litle peniriell, sauerie and margerum, and vnset Leekes, and chop them fine, and put in some egges and some creame, then stirre it all well together, and season it with pepper, nutmegs and salt, then put it into the ppe, and cut the lid, and let it bake till it be dry, then serue it.

To make Marie pies.

MAke fine past, and put in the white of one egge and suger, and when they are made in little coffins set them into the Ouen vpon a paper a litle while then take them out and put in marie, and then close them vp and prick them, and set them in again, and when they are broken serue them with blanch powder strowed vpon them.

To

To boile pie meate.

TAke a legge of mutton, and mince it very fine with sevet and seeth it in a litle pan or an earthen pot with butter, and season it with cloues, mace, great raysons, and prunes, and salt, and serue it in a dish, and if you will, put in some iuyce of Oranges and lay halfe an orange vpon it.

To make fine Cakes.

TAke fine flower and good Damaske water you must haue no other liquor but that, then take sweet butter, two or three yolkes of egges and a good quantity of Sugar, and a few cloues, and mace, as your Cookes mouth shall serue him, and a litle saffron, and a little Gods good about a spoonfull if you put in too much they shall arise, cutte them in squares lyke unto trenchers, and picke them well, and let your ouen be well swept and lay them vppon papers and so set them into the ouen. do not burne them if they be thre or foure dayes olde they bee the better.

To make fine cracknels.

TAke fine flower and a good quantitie of egges as many as wil supply the flower. then take as much sugar as will sweeten the past, and if you will not bee at the cost to raise

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rayse it with egges, and put thereto swete water, Cynamon and a good quantitie of Nutmegges and mace, according to your bread, take a good quantitie of Annis seede, and let all this bee blended with your flower, and the putting in of your egges or other moysture, then sette on your water and lette it bee at seething, befoze you put your Cracknelles in it they will goe to the bottome and at their rising take them out and drye them with a cloth then bake them.

To bake Connies.

Have fine past readie, wash your Connies, and perboyle them then caste them into the colde water, then season them with salt and ginger, laye them into the past and upon them lay leached, larde close them and bake them.

To bake a brest of veale.

Take and breake the bones thereof in the middelt and perboyle hym and take out the bones, and season him with pepper and salt, and lay him in the coffin with a little sweete butter, and close him up then make a caudell of the yolkes of an egge and straine it, and boyle it in a chafing dish of coales and season it with sugar

ger, and put it in the pie and set it into the oven againe.

To make a pudding in a breast of
veale.

TAke perselye, Tyme, washe them,
pricke them, and choppe them small,
then take viii. yolks of egges, grated bread,
and halfe a pinte of creame beeing verie
sweete, then season it with pepper, Cloues,
and Mace, Saffron and Sugar small Ray-
sons and salt, put it in and roste it and serue
it.

To bake a Gammon of Bacon.

TAke a Gammon of Bacon, water it fire
dayes and perboyle him halfe enough
and laye him in presse then take the sworde
of him and stufte him with cloues, and sea-
son him with pepper, and saffron. And close
bp in a standing pye, bake him and so serue
him.

To make fine bisket
bread.

TAke a pound of fine flower, and a pound
of suger, and mingle it together, a quar-
ter of a pound of Annis seedes, foure egges,
two or three spoonfulls of Rose water put all
these into an earthen panne. And with a
flyce of Wood beate it the space of two
heures,

1702
1796
0209
1700

A Booke

houres, then fill your moulds halfe full: your mouldes must be of Tinne, and then lette it into the ouen, your ouen, beeing so whot as it were for cheat bzead, and let it stande one houre and an halfe: you must annoint your moulds with butter befoze you put in your stuffe, and when you will occupie of it, slice it thinne, and dze it in the ouen, your ouen beeing no whotter then you may abide your hand in the bottome.

To bake a Turkie and take out
his bones.

TAke a fat Turkie, and after you haue scalded him and washed him cleane, lay him vpon a faire cloth and slit him through out the backe, and when you haue taken out his garbage, then you must take out his bones so bare as you can, when you haue so doone wash him cleane, then trusse him and pzecke his backe together, and so haue a faire kettle of seething water and perboyle him a little, then take him vp that the water may runne cleane out from him, and when he is colde, season him with pepper and Salt, and then pzecke hym with a fewe cloues in the bzeast, and also dzeawe him with larde if youlike of it, and when you haue maide your coffin and laide your
Turkie

Turkie in it, then you must put some Butter in it, and so close him vp. in this sorte you may bake a goose, a Pheasant, or capon.

To bake a Kidde.

TAke your Kid and perboyle him, and wash it in bergice and saffron, & season it with pepper, salt, & a litle mace, then lay it in your coffin, with swæte Butter and the liquoz it was seasoned in, and so bake it.

To bake a Mallard.

TAke thre or foure Onyons, and stampe them in a morter, then straine them with a saucer full of bergice, then take your mallard and put him into the iuyce of the sayde Onyons, and season him with pepper, and salte, cloues and mace, then put your Mallard into the coffin with the saide iuyce of the onyons, and a good quantity of Winter sauoye, a litle tyme, and perselye chopped small, and swæte Butter, so close it vp and bake it.

To make a Pye of Humbles.

TAke your humbles being perboiled, and choppe them verye small with a good quantitie of Gutton sewet, and halfe a handfull of hearbes folowing, time, margarom, bozage, perseley, and a litle rosemary,
and

A Booke

and season the same being chopped, with pepper, cloues and mace, and so close your pye and bake him.

To bake a Red deare.

Take a handfull of Lime, and a handfull of rosemarye, a handfull of winter saue, rye, a handfull of Bay leaues, and a handfull of fennel, and when your liquoz seethe that you perboyle your Venison in, put in your hearbs also, and perboyle your venison vntill it be halfe enough, then take it out and lay it vpon a faire boorde that the water may runne out from it. then take a knife and pricke it full of holes, and while it is warme, haue a faire Traye with vineger therein, and so put your Venison therein from morning vntill night, and euer now, and then turne it vpside downe, and then at night haue your coffin ready, and this done season it with synamon, ginger, and Nutmegges, Pepper and salte, and when you haue seasoned it, put it into your coffin, and put a good quantity of swete Butter into it, and then put it into the Duen at night, when you goe to bedde, and in the morning draw it forth, and put in a saucer full of vineger into your Pye, at a hole aboue in the toppe of it, so that the vineger may runne

of Cookerie.

15

runne into eueryplace of it, and then stop the hole againe, and turne the bottome backward, and so serue it in,

An other bakemeate for
Chickins.

Firste season your Chickins with Sugar, sinamon and ginger, and so lay them in your pye, then put in vpon them Gooseberries, or grapes, or Barberies, then put in some swete Butter, and close them vp, and when they be almost baked, then put in a Calwle made with hard egges and white wine, and serue it.

To bake Calues feete.

TAke calues feete and boyle them, and choppe them fine, and a pound of white, and chop it with them, then chop an onion small and put it in them, then take Dates, dates and currans, and put to them, season them with Pepper, Putmegs, and a little large Pace, then put in some egges, and stirre it altogether, & put it into a Pye, and let it bake two houres, then put in a little bergicc and suger, and so serue it.

To sowce a Pigge.

TAke White Wine and a little sweete broth, and halfe a score Putmegs cut in quarters, then take Rosemarie, Bayes, Thyme,

A Booke

Lime, and sweet Margerum, and let them boyle altogether, skimme them very clean, and when they be boyled, put them into an earthen pan and the sirrope also, and when you serue them, a quarter in a dish, and the Bayes, and nutmegs on the top.

The order to boyle a Brawne.

TAKE your Brawne, and when ye haue cut him out, lay him in faire water foure and twenty houres, and shifte it foure or fise times, and scrape and binde vp those that you shall thinke good, with Hempe, binde one handfull of greene Willows together, and laye them in the bottome of the panne, and then put in your Brawne, and skimme it very cleane, and let it boyle but softye, and it must be sotender, that you may put a straw throught it, and when it is boyled enough, let it stand and rowle in the panne, and when you take it vp, let it lye in Trapes one howre or two, and then make sowling drinke with Ale and water, and salte, and you must make it verye strong, and so let it lye a weeke before you spende it.

To make Almond butter.

TAKE almondes and blanch them, and beate them in a mortar verye small,
and

and in the beating put in a little water, and when they be beaten, poure in water into two pots, and put in halfe into one and half into another, and put in suger, and stirre them still, and let them boyle a good while, then straine it thzough a strainer with rose water, and so dish it vp.

To roast an Hare.

You must not cut off her head, fesse nor eares, but make a Pudding in her belly, and put paper about her eares that they burne not, and when the Hare is roasted, you must take synamon and Ginger, and grated bread, & you must make very sweete sauce, and you must put in Barberies and let them boyle together.

To make Fritter stufte.

Take fine flower, and thre or foure eggs, and put into the flower, and a peece of Butter, and let them boyle altogether in a dishe or Chaser, and put in Sugar, synamon and ginger, and Rosewater: and in the boyling, put in a little grated bread to make it big, and then put it into a dishe, and beat it wel together, and so put it into your moulde, and frye it with clarified butter, but your Butter may not be too hotts nor too colde.

A Booke

For to bake a Hare.

Take your Hare and perboile him, and mince him, and then beate him in a mortar very fine, liuer and all if you will, and season it with all kinde of spices and salte, and doe him together with the yolkes of seauen or eight egges, and when you haue made him vp together, drawe larde verie thicke through him, and mingle them altogether, and put him in a Pye, and put in butter befoze you close him vp.

To preserue Orenge.

Ye must cut your Orenge in halfe and pare them a little round about, and let them lye in water foure or five dayes, and you must chaunge the water once or twice a day, and when you preserue them, you must haue a quarte of faire water to put in your Sugar, and a little Rose water, and set it on the fire, and scum it very cleane, and put in a little Cinamon, and put in your Orenge, and let them boyle a little while, and then take them out againe, and doe so five or sixe times, and when they be enough, put in your Orenge and let your sirroppe stand till it bee colde, and then put your sirrop into your Orenge,

To

To make all maner of fruit

Tartes.

You must boyle your fruite, whether it be apple, cherrie, peach, damson, pear, Mulberrie, or codling, in faire water, and when they be boyled inough, put them into a bowle, and bruse them with a Ladle, and when they be colde, straine them, and put in red wine or Claret wine, and so season it with suger, sinamon and ginger.

To make a Tarte of preserved
stufte.

You must take halfe a hundreth of Cordarbes, and pare them, and cut them, and as soone as you haue cut them, put them into a pot, and put therein or three pound of suger, and a pint of water, and a little Rosewater, and stirre them from the time you put them in, untill the time you take them out againe, or else you may also put it into a dishe, and when your Tart is made, put it into the Oven, and when it is caked, endoze it with butter, and throw suger on the top, & then do on your sauce, & set comfets on the top, and so serue it by.

To make a Tarte of Prunes.

Put your Prunes into a pot, and put in red wine or claret wine, and a litle faire,
water

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water, and stirre them now and then, and when they be boyled enough, put them into a bowle, and straine them with sugar, synamon and ginger.

To make a Tart of Ryce.

Boyle your Rice, and put in the yolkes of two or thre Egges into the Rice, and when it is boyled, put it into a dish, and season it with Sugar, Sinamon and Ginger, and butter, and the iuyce of two or thre Oranges, and set it on the fire againe.

To make a Custard.

Breake your Egges into a bowle, and put your Creame into another bowle, and straine your egges into the creame, and put in saffron, Cloues and mace, and a little synamon and ginger, and if you will some Sugar and butter, and season it with salte, and melte your butter, and stirre it with the Ladle a good while, and dubbe your custard with dates or currans.

To make a Tarte of Wardens.

You must bake your Wardens first in a Pie, and then take all the wardens and cut them in foure quarters, and coare them, and put them into a Tarte pinched, with your Sugar, and season them with Sugar, Synamon and Ginger, and set them in
the

the Duen, and put no couer on them, but you must cutte a couer and lay on the Tarte when it is baked, and butter the Tarte and the couer too, and endoze it with suger.

To make a tarte with butter
and egges.

Breake your egges and take the yolkes of them, and take butter and melte it, let it bee verie hot readie to boyle, and put your butter into your egges, and so straine them into a bowle and season them with suger.

To make a tarte of
Spennedge.

Boyle your Egges and your Cream together, and then put them into a bowle, and then boyle your Spinnedge, and when they are boyled, take them out of the water and straine them into your stufte before you straine your Cream, boyle your stufte and then strain them al againe, and season them with suger and salt.

To make a tarte of
Strawberries.

VWash your Strawberies, and put them into your Tarte, and season them with suger, cynamon and Ginger, and put in a little red wine into them.

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To make a Tarte of
hippes.

TAke Hippes and cutte them, and take the seedes out, and wash them verye cleane, and put them into your Tarte, and season them with suger, cinamon and ginger.

So you must preserue them with suger, Cinamon and Ginger, and put them into a gelly pot close.

To bake the Humbles of a
Deere.

Mince them verie small, and season them with pepper, Cinamon and Ginger, and suger if you will, and Cloues and mace, and dates and carrats, and if you will, mince Almondes and put vnto them, and when it is baked, you must put in fine fat, and put in suger, cinamon and Ginger, and let it boile, and when it is minced, put them together.

To make a veale pic.

Let your Veale boyle a good while, and when it is boyled, mince it by it selfe, and the white by it selfe, and season it with salt and pepper, cinamon and ginger, and suger, and cloues and mace, and you muste haue prunes and raisons, dates & currantes on the top.

For

For to make mutton pies.

Mince your Mutton and your white together, and when it is minced, season it with pepper, cinamon & ginger, and Cloues and mace, and pꝛunes, currants and dates, and reasons and harde egges boyled & chopped verie small, and throw them on the top.

To bake caluesfecte.

SSeason them with salte & pepper, and butter, and Currantes if you will, and when they bee baked put in a little white Wine and suger, oꝛ vineger and suger, oꝛ bergice and suger.

To bake Chickins in a Cawdle.

SSeason them with salt and pepper, and put in butter, and so let them bake, and when they be baked, boile a few barberies and pꝛunes, and currants, and take a litle white wine oꝛ bergice, and let it boile and put in a little suger, and set it on the fire a litle, and straine in two oꝛ three yolkes of egges into the wine, and when you take the dish of the fire, put the pꝛunes and currants and barberies into the dish, and then put them in altogether into the pye of chickins.

A booke

To bake pigeons.

S Eason them with Pepper and Salt and butter.

To bake a Conie.

S Eason him with Pepper and Salt, and put in butter and currantes, and when it is baked, put in a little bergice and suger into the pie, and serue it bp.

To bake a Gammon of bacon
to keepe colde.

Y Ou must first boyle him a quarter of an heure befoze you stufte him, and stufte him with sweete hearbs, and harde Egges chopped together, or parsellie.

To bake a Fillet of beefe to
keepe colde.

M Ince him very small, and seeth him with pepper and salt, and make hym bp togeather accordingly, and put them in your pie, and larde him verie thicke.

To make fine bread.

T Ake halfe a pound of fine suger well beaten, and as much flower, and put thereto foure Egges whites, and being very well beaten, you must mingle them with anniseedes bzuisd, and beeing all beaten together, put into your mould, melting the sauce ouer first with a lyttle butter, and set it

it in the Ouen, and turne it twice or thrice in the baking.

To bake a Neates tongue.

First powder the tongue three or foure dayes, and then seeth it in faire water, then blanche it and Lard it and season it with a little pepper and Salt, then bake it on His paste, and before you cloase vp your pie, strowe vppon the tongue a. good quantitie of Cloues and Mace beaten in powder, and vppon that halfe a pounce of Butter, then close vp your pye verie close but make a rounde hole in the toppe of the pie. Then when it hath stood more then foure houres in the Ouen, you must put in halfe a pint of Vineger or more, as the Vineger is sharpe, then close vp the hole verie close with a peece of past and set it in the Ouen againe.

To make muggets.

First perboyle them, and take white and chop them both togeather, and put Currantes, Dates, Cinamon and Synger, Cloues and Mace, and grosse pepper and Sugar if you will, two or three yolkes of Egges, and seeth them altogeather with Salt, add put in the stuffe into the cables of Mutton, and so put them in dishes, and take

A booke

take two or thre eggess white and all, and put them on the cawles, and make some prettie sauce for them.

To make fillets of beefe or clods instead of red Deare.

First take your Beefe, and Larde it very thicke, and then season it with pepper, and Salt, Sinamon and ginger, Cloues, and Mace good store, with a greate deale more quantitie of pepper and Salte, then you would a peece of Venison, and put it in couered Paste, and when it is baked, take vineger and suger, Sinamon and Ginger, and put in, and shake the Pastie, and stope it close, and let it stande almost a fortnight befoze you cut it vp.

To make a tarte that is a courage to a man or woman.

x **T**ake two Quinces, and two or thre Burre rootes, and a potaton, and pare your Potaton, and scrape your rootes and put them into a quart of wine, and let them boyle till they bee tender, & put in an ounce of Dates, and when they be boyled tender, Drawe them through a strainer, wine and all, and then put in the yolkes of eight Egges, and the braynes of thre or foure cocke Sparrowes, and straine them into the

the other, and a little Rose water, and seeth them all with sugar, Cinamon and Gynger, and Cloues and mace, and put in a little sweet butter, and set it vpon a chafingdish of coles betweene two platters, and so let it boyle till it be something bigge.

To stewe a Cocke.

You must cutte him in fire peeces, and washe hym cleane, and take prunes, Currantes and Dates cutte verry small, and Keasons of the Sunne, and Sugar beaten verry small, Cinamone, Gynger and Nutmegs likewise beaten, and a little Maydens haye cutte verry small, and you must put him in a Pipkin, & put in almost a pinte of Muscadine, and then your spice and Sugar vppon your Cocke, and put in your fruite betweene euery quarter, and a peece of Golde betweene euery peece of your cocke, then you must make a Lioode of Wood fit for your pipkin, and close it as close as you can with paste, that no ayre come out, nor water can come in, and then you must fill two brasse pots full of water, and set on the fire, and make fast the pipkin in one of the Brasse pottes, so that the pipkins secte touch not the brasse pot bottom, nor the pot sides, and so let them boyle
four

A Booke

four and twentie howes, and fill by the pot still as it boyles away, with the other pot that standes by, and when it is boyled take out your Golde, and let him drinke it fasting, and it shall helpe him, this is approued.

To preserue all kinde of fruites, that they shall not breake in the preseruing of them.

TAke a platter that is playne in the bottome, and laye suger in the bottome, then cherries or any other fruite, and so between euery rowe you lay, throw suger, and set it vpon a pots heade, and couer it with a dish, and so let it boyle.

To make a sirop for bake meates.

TAke Ginger, Cloues and Mace, Putmegs, beat all these togeather very fine, and boyle them in good red Wineger vntil it be somewhat thicke, thys beeyng doone, drawe your pye when it is harde baked, and a small hole being made in the couer there, of at the first, with a Tunnell of paste, you must powze the sirroppe into the pye, that doone, couer the hole with paste, and shalbe the pye well, and set it againe in the Ouen till it be thoroughly baked, and when you haue

haue drawne it, turne the bottome vpward
vntill it be serued.

To roast a Carpe or Tench with a Pud-
ding in his belly.

TAke the Bones of a Pike and choppe
them very small, then put in grated
bread, two oz three egges, Currans,
Dates, Sugar, Sinamon and Ginger,
and Mace, Pepper and salte, and put it in
his belly, and put him on a Broche, and
make sweete sauce with Barberyes, or
Lemmons minced, and put into the sweete
sauce, and then put it on the Carpe, when
you serue it vp.

To make a fresh Cheese and
Creame.

TAke a gallon or two of Milke from the
Cow and seethe it, and when it doth
seeth, put thereunto a quarte or two of
mornning Milke in faire cleansing pans, in
such place as no dust may fall therein, and
this is for your clowted Creame, the next
mornning take a quart of mornnings Milke,
and seeth it, and when it doth seeth, put in a
quarte of Creame therunto, and take it off
the fire, and put it into a faire earthen pan,
and let it stand vntill it be somewhat blood
warne, but firste ouer night put a good
quantity

A Booke

quantitie of Ginger, with Rosewater, and
 stirre it together, and let it settle all night,
 and the next day put it into your said bloud,
 warme milke to make your Cheese come,
 then put the Curdes in a faire cloth, with
 a little good Rosewater, and fine powder
 of Ginger, and a litle Sugar, so last, great
 soft rowles together with a threed and crush
 out the Whey with your clouted Creames,
 and mixe it with fine powder of ginger, and
 Sugar, and so sprinkle it with Rosewater,
 and put your Cheese in a faire dishe, and
 put these cloutes round about it, then take
 a pinte of rawe Milke or Creames, and put
 it in a pot, and ail to shake it, untill it be ga-
 thered into a froth like Snowe, and ever as
 it commeth, take it off with a Spone, and
 put it into a Collender, then put it vpon your
 freshe cheese, and prick it with Masers,
 and so serue it.

THE NAMES OF ALL

things necessary for a
 banquet.

Sugar.	Cinamon,	Licoriz.
Pepper.	Putmegs,	All kinde of
Saffron.	Saunders.	Cumfets.
Annisseedes.	Coliander.	Oranges.

Pome

Pomegranet. seedes. Damaske.
 Corneseli. Lemons. water.
 Prunes. Rosewater. Dates.
 Currans. Raisins. Cherries con:
 Barberies cō: Ric flower, serued.
 serued, Ginger. Swēte Den:
 Peper white Cloues and ges.
 and browne Race. Wafers.

For your Marchpanes seasoned and
 unseasoned, Spinndges.

To make Manus Christi.

Take fire spoonfull of Rosewater, and
 graines of Ambergrēce, and 4. grains
 of Pearle beaten very fine, put these three
 together in a Saucer and couer it close,
 and let it stande covered one houre, then
 take foure ounces of very fine Sugar, and
 beate it small, and searce it through a fine
 searce, then take a little earthen pot glased,
 and put into it a spoonfull of Sugar, and
 a quarter of a spoonfull of Rosewater, and
 let the Sugar and the Rosewater boyle
 together softely, till it doe rise and fall a
 gaine thre times. Then take fine Ric flo
 wer, and lisse on a smooth bozde, and with a
 spone take of the Sugar, and the Rosewa
 ter, and first make it all into a round cake,
 and

A Booke

and then after into little Cakes, and when they be halfe colde, wet them ouer with the same Rosewater, and then laye on your golde, and so shall you make very good Manus Christi.

To make a Caudle to comfort the
stomacke, good for an
olde man.

TAke a pinte of good Muscadine, and as much of good stale ale, mingle them together, then take the yolkes of twelue or thirteene Egges newe laide, beat well the Egges firste by themselves, with the wine and ale, and so boyle it together, and put thereto a quarterne of Sugar, and a fewe whole Mace, and so stirre it well, til it seeth a good while, and when it is well sod, put therein a fewe slices of bread if you will, and so let it soke a while, and it will be right good and wholesome.

To make a Trifle.

TAke a pinte of thicke Creame, and season it with Sugar and Ginger, and Rosewater, so stirre it as you would then haue it, and make it luke warme in a dish on a Chafingdishe and coales, and after put it into a siluer pcece or a bowle, and so serue it to the boorde.

To

To make Marmelat of Quinces.

You must take a pottle of Water, and foure pound of Sugar, and so let them boyle together, and when they boyle, you must skimme them as cleane as you can, and you must take ½ whites of two or three Egges, and beate them to froth, and put the froth into the pan for to make the skum to rise, then skimme it as cleane as you can, and then take off the Kettle and put in the Quinces, and let them boyle a good while, and when they boyle, you must stirre them stil, and when they be boyled you must bore them vp.

To make butter paste.

Take floure, and seven or eight egges, and cold butter & faire water, or Rose-water, and spices (if you will) & make your paste and beat it on a boorde, and when you haue so done, deuide it into two or three partes, and driue out the peece with a rolling Pinne, and doe with butter one peece by another, and then folde vp your paste vppon the butter and driue it out againe, and so doe fūe or sixe times together, and some not cut for bearings, and put them into the Ouen, and when they be baked, scrape sugar on them, and serue them.

D.

To

A Booke

To make Fritter stufte.

TAke fine flower, and thre or four egges,
and put into the Flower, and a peece of
Butter, and let them boyle altogether in a
dishe or a chaser, and put in suger, sy-
namon and Ginger, and Rosewater, and
in the boyling put in a little grated bread
to make it bigge, and then put it into a dish
and beate it well together, and so put it into
your moule, and frye it with clarified but-
ter, but your butter maye not be too hott
nor too colde.

To make a made dishe of
Artechokes.

TAke your Artechokes and pare away
all the top even to the meate and boyle
them in swete broth till they be somewhat
tender. and then take them out, and put them
into a dishe, and sethe them with Pepper,
synamon and ginger, , and then put in
your dishe that you meane to bake them in,
and put in Marrowe to them good Roze,
and so let them bake, and when they be ba-
ked, put in a little Vineger and butter, and
sticke thre or foure leaues of the Artechoks
in the dishe when you serue them vp, and
scrape Sugar on the dish,

To

To frie Bakon.

TAke Bacon and slice it very thinne, and cut awaye the leane, and bruse it with the backe of your knife, and fry it in sweet Butter, and serue it.

To frie Chickins

TAke your chickins and let them boyle in very good sweete broath a prittye while, and take the chickens out, and quarter them out in peeces, and then put them into a frying pan with sweete butter, and let them stewe in the pan, but you must not let them be browne with frying, and then put out the butter out of the pan, and then take a little sweete broath, and as much Wergics, and the yolkes of two Egges, and beate them together, and put in a little Nutmegges, synamon and Ginger, and Pepper into the sauce, and then put them all into the pan to the chickens, and stirre them together in the pan, and put them into a dish, and serue them vp.

To make a boyled meat after the French waies.

TAke Pignons and larbe them, and then put them on a Broach, and let them be halfe roasted, then take them off the broach, and make a Pudding of sweets hearbes of
D 2
euery

A Booke

euerye sorte a good handfull, and chop Dre white amongst the hearbes very small, and take the yolkds of fve or sixe egges and grated bzead, and season it with Pepper, Sinamon and Ginger, Cloues and Mace, suger, and Currans, and mingle all together, and then put the stufte on the pigeons round about, and then put the pigeons into the Cabeges that be perboyled, and binde the cabbedge fast to the Pigeons, and then put them into the pot where you meane to boyle them, and put in Beefe broth into them, and cabeges chopped small, and so let them boyle, and put in Pepper, cloues, and Mace, and prick the Pigion full of Cloues before you put the pudding on the, and put a peece of Butter, Synamon, and Ginger, and put a little Vineger and white wine, & so serue them vp, and garnishe them with fruite, and serue one in a dish, and but a little of the broath you must put into the dish when you serue them vp.

To make a Sallet of all kinde
of hearbes.

TAke your hearbes and picke them very fine into faire water, and picke your flowers by themselves, and washe them all cleane, and swing them in a strainer, and
when

When you put them into a dish, mingle them with Cowcumbers or Lemmons payzed and sliced, and scrape Sugar, and put in vineger and Dyle, and thzowe the flowers on the toppe of the sallet, and of euery sorte of the aforesaide things, and garnish the dish about with the fozesaide thinges, and harde Egges boyled and laide about the dish and vpon the sallet.

A sauce for a Conie.

Cut Onions in rundels and frie them in butter, then put to them wine Vineger, salt, ginger, camomill and pepper, and a litle suger, and let it boyle till it be good and fast, then serue it vpon the conie.

To make a Sallet of
Lemmons.

Cut out slices of the peeke of the Lemmons long wales, a quarter of an inche one peece from an other, and then slice the Lemmon very thinne, and lay him in a dish crosse, and the peeles about the Lemmons, and scrape a good deale of suger vpon them, and so serue them.

To make a sausedge.

Take Martinmasse beefe, or if you can not get it, take fresh beefe, or the lean of bacon if you will, & you must mince

A Booke

very small that kinde of flesh that you take,
and cut Lard & put into the minced meate,
and whole pepper, and the yolkes of seauen
Egges, and mingle them altogether, and
put the meate into a gut very salt, and hang
him in the Chimney where he may dry, and
there let him hang a moneth or two before
you take him downe.

To make a pie.

First perboyle your flesh and presse it and
when it is pressed, season it with pepper
and salt whilest it is hot, then larde it make
your paste of Rie flower: it must bee verye
thick, or else it will not hold, when it is sea-
soned and larded laye it in your pie, then
cast on it before you close it a good deale of
Cloues and Spice beaten small, and throwe
vppon that a good deale of Butter, and so
close it vp: you must leaue a hole in the top
of the lid, & when it hath stood two houres
in the ouen, you must fill it as full of Wine-
ger as you can, and then stoppe the hole
as close as you can with paste, and then set
it into the Duen againe: your Duen must
be very whet as the first, and that your pies
will keepe a greate while, the longer you
keepe them, the better they will bee: when
they bee taken out of the Duen and almost

colde

solds, you must shake them betweene your handes, and set them with the bottome vpperwarde, and when you set them into the Duenn, bee well ware that one pye toucheth not an other by more then ones hand bredth: Remember also to let them stand in the Duenn after the vineger be in two houres and more.

To make white broth with
Almondes.

First looke that your meate be clean washed, and then set it on the fire, and when it boyleth scumme it cleane, and put some salt into the pot, then take rosemarie, time, Ysop and margerum, and bind them together, and put them into the pot, and take a dishe of sweete butter, and put it into the pot amongst your meate, and take some whole mace, and binde them in a clout, and put them into the pot with a quantitie of bergice, and after that take a quantitie of Almondes as shall serue the turne, blanch them, and beate them in a morter, and then straine them with the broth your meate is in. And when these almondes are strayned put them in a pot by themselves with some Sugar, and a little Ginger, and also a little Rose water, and then stirre it while boyle

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boyle, and after that take some flyced ozen-
ges, without the kernelles, and boyle them
with the broth of the pot vpon a chafing dish
of coales, with a little suger, and then haue
some sippets readie in a platter, and serue
the meate vppon them, and put not your Al-
mondes in till it be ready to be serued.

To make pottage to loose
the bodie.

TAke a chicken and seeth it in running
water, then take two handfuls of violet
leaves, and a good prettie sorte of reasons of
the Sunne. picke out the stones, and seeth
them with the chickens, and when it is wel
sodden, season it with a little salt and strain
it and so serue it.

To make another very good po-
tage to bee vsed in the
morning.

TAke a chicken and seeth it in faire water
and put to it violet leaves a handfull or
two, or else some other good hearbes, that
you like in the stead of them, and so let them
seeth together tyll the chicken be readie to
fall a peeces, then straine it, and cut thinne
peeces of bread, and seeth in it till the bread
be verie tender, and then season it with salt.
And on the fische daie seeth the hearbes as
before

before in faire running water and straine it and seeth bread as before in it, and season it with salt and put in a peece of butter.

To boile diuers kindes of
fishes.

Bket, Conger, Thornebacke, plaice, fresh Samon, all these you must boyle with a litle faire water and vineger, a litle salt, and bay leaues, and sauce them in vineger, and a litle of the broth that they are sodden in with a litle salt, and as you see cause shift your sauce, as you do beefe in brine, and also fresh Sturgeon, seeth it as is aforesayde, and sauce it as yee did the other, and so yee may keepe it halfe a yeare with chaunging of the sauce, and salte Sturgeon seeth it in water & salt, and a litle vineger, and let it be cold, and serue it foorth with vineger, and a litle Fenell vpon it but first oz yee seeth it, it must be watered.

To make broth for one that
is weake.

TAke a Legge of beale and set it ouer the fire in a gallon of water skimming it cleane, when you haue so doone put in three quarters of a pounce of small reasons, halfe a pound of prunes, a good handfull of Burrage, as much langdebeefe, as much mints
and

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and the like quantitie of harts-tongue, let all these seeth together til all the strength of the flesh be sodden out, then straine it so clean as you can, and if you thinke the patient bee in anie heates, put in violet leaues and sauozie as you do with the other hearbs.

To boile a capon with a
sirrop.

Boyle your Capon in sweete bzoath, and put in grosse pepper and whole mace in to the capons bellie, and make your sirrop with spinnage, white wine, and currantes, suger, cinamon and Ginger, and sweet butter, and so let them boyle, and when your capon is readie to serue put the sirroppe on the capon, and boyle your spinnage befoze you make your sirrop.

To dresse a hare.

VVash her in faire water, perboyle her, then lay her in colde water, then larde her and rost her, and for sauce take red wine, salt, vinegar, ginger, pepper, cloues and mace, put these together, then mince onions and apples and frye them in a panne, then put your sauce to them with a little suger, and let them boyle together and then serue it

To

To bake a hare.

TAke your Hare and perboile him, and mince him, & then beat him in a mortar verie fine, liuer and all if you will, and season him with all kinds of spice and salt, and doo him together with the yolks of seven or eight egges, when you haue made him vp together, draue Larde verie thicke thzough him, or cutte the Larde and mingle them together and put him in a pye, and put in butter befoze you close him vp.

To rost Deares tongues.

TAke deares tongues and larde them and serue them with sweete sauce.

To make Blewmanger.

TAke to a pinte of creame twelue or sixteene yolkes of egges, and straine them into it, and seeth them well euer stirring it with a sticke that is broad at the end but befoze you seeth it put in suger, and in the seething tast of it that you may if neede bee put in moze suger, and when it is almost sodden put in a little Rose water that it may taste thereof, and seeth it well till it be thicke, and then straine it againe if it hath neede, or else put it in a saye Dish and stirre it till it be almost cold, and take the white of all the Egges, and straine them with a pinte of creame

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Cream and seeth that with suger, and in the ende put in rosewater as into the other, and seeth it till it be thicke enough, and then vse it as the other, and when ye serue it ye may serue one dish and another of the other in roules, and cast on biscuits.

To make peascods in Lent.

TAke Figs, Raisons, and a few Dates, and beate them very fine, and season it with Cloues, Mace, Cinamon and Ginger, and for your paste seeth faire water and oyle in a dish vppon coales, put therein saffron and salt and a little flower, fashion them then like peascods, and when ye will serue them, frye them in Oyle in a frying panne, but let the Oyle bee verie hotte, and the fire soft for burning of them, and when yee make them for fleshe dayes, take a fillet of beale and mince it fine, and put the yolkes of two or three rawe egges to it, and season it with pepper, salt, cloues, mace, honye, suger, cinamon, ginger, small raisons, or great minced, and for your paste, butter, the yolke of an egge, and season them, and frye them in butter as yee did the other in oyle.

To

of Cookerie.

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To bake Quinces, Peares and
Wardens.

TAKE and pare and coare them, then make your paste with faire water and butter, and the yolke of an egge, then set your Dzinges into the paste, and then bake it well, fill your paste almost full with Sinnamon, Ginger and Sugar. Also Apples must be taken after the same sozte, sauing that whereas the coze should be cut out they must be filled with Butter every one, the hardest Apples are best, and likewise are Peares and Wardens, and none of them all but the wardens may be perboyled, and the Duen must be of a temperate heat, two houres to stand is enough.

To make a Tarte of Spinadge.

TAKE Spinadge and seeth it skalk and all, and when it is tenderly sodden, take it off, and let it drayne in a Cyllynder. and then swing it in a clowte, and stampe it and straine it with two or thre yolkes of egges, and then set it on a chafin dish of coales, and season it with butter and Sugar, and when the paste is hardened in the Duen, put in this Comode, strake it euen.

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To make blame mangle.

TAke all the braine of a capon and stamp it in a morter fine, and blanchéd almonds, and sometimes put to them Rose-water, and season it with powder of synamon, ginger and suger, and so serue it,

To make a Tarte of an care
of Veale.

TAke two pound of great Raisons, and washe them cleane, and pick them, and take out the stones of them, and take two Kidneyes of Veale, and a pæce of the legge which is leane, and boyle them altogether in a pot with the straint of the broth of mutton, and boyle it, and let it boyle the space of one howre, then take it vp and choppe it fine, and temper it with crummes of bread finely grated, and take nine yolks of eggs, & temper thē altogether, and season them with singamon, ginger, suger, and small Raisins, great raisons minced, Dates and Saffron. Then take fine flower and water, and three yolkes of Egges, Butter and Saffron, and make them like a round Tart close with a couer of the same paste, and set him in the Ouen, and let him stand one howre, then take him forth, and endoze it with Butter,
and

and cast a powder of synamon, Ginger, and suger, and so serue it.

To make a Tarte of Strawberles.

Take Strawberies and washe them in claret wine, thicke and temper them with rose water, and season them with synamon, suger and ginger, and spread it on the Tarte, and endoze the sides with butter, and cast on suger and biskettes, and serue them so.

To make a close Tarte of Cherries.

Take out the Stones, and laye them as whole as you can in a Charger, and put Mustard in, synamon and ginger to them, and laye them in a Tarte whole, and close the, and let them stand three quarters of an houre in the Ouen, then take a kerope of of Muskadine, and damask water and suger, and serue it.

To make a close Tarte of greene Pease.

Take halfe a peck of greene Pease, cheale them and seeth them, and cast them into a cullender, and let the water go from them then put them into the Tart whole, & season them with Pepper, saffron and salte, and a dishe of sweet butter, close and bake him almost one houre, then drawe him, and put to him

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him a little Vergice, and shake them and set them into the Duen againe, and so serue it.

To make a Tarte of Damsons.

TAke Damsons and seeth them in Wine, and straine them with a little Creame, then yole your stuffe ouer the fire till it be thicke, put thereto, suger, synamon and ginger, but set it not into the Duen after, but let your paste be baked befoze.

To make a florentine.

TAke the kidneis of a loyne of beale that is roasted, and when it is cold shzedde it fine, and grate as it were half a Marchette very fine, and take eight yolkes of Egges, and a handfull of currans, and eight dates finely shzed, a little senamon, a little ginger a litle suger and a litle salt, and mingle them with the kidneies, then take a handfull of fine flower and two yolkes of egges, and as much butter as two egges, and put into your flower, then take a little seething liquoz, and make your paste and drue it abroad very thinne, then strake your dishe with a little butter, and lay your paste in a dish & fill it with your meate, then drawe an other sheet of paste thinne and couer it withall, cut it handsomly vpon the top, and by the sides, and then put it into the Duen, and

and when it is halfe baked drawe it out, and take two or three feathers, and a little rosewater, and wette all the couer with it, and haue a handfull of suger finely beaten, and strawe vpon it, and see that the Rosewater wat in euery place, and so set it in the ouen againe, and that will make a faire use vpon it, if your Duyn be not hotte inough to reare vpon your use, then put a little fire in the Duens mouth.

To make Almond butter after the best and newest fashion.

TAke a pound of Almondes or more, and blanch them in colde water or in warme as you may haue leysure, after the blanching let them lye one houre in cold water, then stamp them in faire cold water as fine as you can, then put your Almondes in a cloth, and gather your cloth round vpon your handes, and presse out the iuice as much as you can, if you thinke they be not small enough, beate them again, and so get out milke so long as you can, then set it ouer the fire, and when it is ready to seeth, put in a good quantitie of salte, and Rosewater that will turne it, after that is in, let it haue one boyling, and then take it from the fire, and cast it abroad vpon a linnen cloth,

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and vnderneath the Cloth scrape of the Whay so long as it will runne, then put the butter together into the middest of the cloth, binding the cloth together, and let it hang so long as it will drop, then take peces of Sugar so much as you thinke will make it swöete, and put thereto a little rosewater, so much as will melte the Sugar, and so much fine powder of Saffron as you thinke will colour it, then let both your sugar and Saffron steep together in the little quantitie of Rosewater, and with that season bp your butter when you wil make it.

To make Oister Chewets.

TAke a pecke of Distfers & wash them cleane, then sheal them and wash the faire in a Cullendar, and when they be sdden, straine the water from them, and chop them as small as pye meate, then season them with pepper, halfe a penniwozth of cloues and Mace, halfe a penniwozth of sinamon and ginger, and a pennywozth of sugar, a little saffron & salt, then take a handfull of small raisons, fixe dates minced smal and mingle them altogether, then make your paste with one pennywozth of fine flower, tenne yolkes of Egges, a halfe penniwozth

nitwozth of Butter with a little saffron and boyling water, then raise vp your chewets and put in the bottom of euery one of them a little Butter, and so fill them with your stufte, then cast Prunes, Dates, and small Kaisons vpon them, and being closed, bake them, let not your Ouen be too hottie for they will haue but little baking, then draw them, and put into euery one of them two spoonefull of bergice and butter, and so serue them in.

To make a Tarte of Medlers.

TAke medlers that be rottē, and stamp them, then set them on a chaffing dish and coales, and beate in two yolkes of egges, boyling it till it be some what thick, then season them with suger, sinamon, and ginger, and lay it in paste.

To make a Quinces moyse or

Wardens moyse.

You must rost your Wardens or Quinces, and when they be roasted, pil them, and straine them together, and put in suger, synamon and Ginger, and put it in a plate, and then smooth it with a knife, and scrape a little suger on the top, and nicke a little with a knife.

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To make an other pretie dishe, with dates,
and the iuice of two or three
Orenge.

STraine them into a dishe, and so make
Chambers of paste vpon a sticke, put
the sticke vpon a loafe of bread, and so dry
them in the Duen, and then clarifie a little
Butter, and fry them in it, and lay them in
a dish, and serue suger on them.

To make Hypocrase.

TAke a gallon of white wine, suger two
pound, of sinamon y^d. ginger y^d. long
Pepper y^d. Mace y^d. not bzused, Graines
y^d. Gallingall y^d. od. Cloues not bzused,
you must bzuse euery kinde of spice a litle, &
put them in an earthen pot all a day, & then
cast them throught your bags two times or
more as you see cause, and so drinke it.

To make Marmelet of Quinces.

TAke very good Quinces, and pare them
and cut them in quarters, then coare
them cleane, and take heede it be not a stony
Quince, and when you haue pared and co-
red them, then take two pintes of running
water, and put it into a brasse pan, casting
away eight spoonefules of one of the pintes,
then waigh three pound of fine suger, & beat
it

it, and put it into the water, make your fire where you may haue a good light, not in a chimney, then set on your pan vppon a treuet, and when your suger and water beginneth to boile, you must skimme it cleane, then put in fixe spoonfuls of rosewater, and if there rise any moze skumme, take it of and so put in your thzee pound of quinces, and so let them boile but softly, and if you see the colour waxe somewhat deepe, now & then with a faire slice bee bzeaking of them, and when your liquour is well consumed away, and the colour of your quinces to growe fairer, then be still stirring of it, and when it is enough you shall see it rise from the bottom of your pan in stirring of it, and so bor it, and yee shall haue it to bee good marmeleit and a verie ozient colour, if you will you maye put some muske into it, some rosewater, and rub your bor withall, it will giue it a pretty sent, and it is a very good way.

To make a sirrop of Quinces to comfort the stomack.

TAke a great pint of the iuyce of quinces, a pound of suger, and a good halfe pint of vineger, of ginger, & weight of fine groates, of cinamon, the weight of fixe groats, of pepper, the weight of thzee groats, & two pence.

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To make marmelet of Quincies.

TAke verie good Quincies and pare them & cut them in quarters, then coze them cleane, & take heed it be not a stonie quince, and when you haue pared and cozed them, and take two pintes of running water, and put it into a bzasle, casting alwaye eyght spoonefulls of one of the pintes, the wayght of foure pound of fine suger, & beate it & put it into the water: make your fire where you may haue good light, & not in the chimney, then set ouer your panne vpon a Treuet, and when your suger and water beginneth to boile you must straine it cleane, then put in five spoonefulls of rose water, and if there rise any more skumme, take it off and put it into boxes.

To make condomacke of quinces.

TAke five quarts of running water, and a quart of french wine, put them together, then take quincies and pare them and cutte them till you come at the cozes, then weigh ten pounce of the quinces, and put them into your pan of water and wine and boile them ouer a quicke fire till they bee tender, keeping your panne verie close couered, then take a peece of fine canuas & put your quinces and liquoz in it, and when your sirroppe

is all runne thzough, put in so much fine suger as will make it sweete, and set it ouer a quicke fire againe, stirring with a sticke til it be so thicke that a drop will stand vpon a dish, then take it from the fire and put it in boxes.

To make cast creame.

TAke milke as it commeth from the cow, a quarte or lesse, and put thereto rawe yolkes of egges, temper the milke and the egges together, then sette the same vpon a chafingdish and stirre it that it curde not, and so put suger in it, and it will bee lyke creame of Almondes, when it is boyled thicke enough cast a litle suger on it, & sprinkle Rosewater thereupon, and so serue it.

To make good Resbones.

TAke a quart of fine flower, lap it vpon a faire boord and make a hoale in the middest of the flower with your hande, and put a spoonefull of Ale yeast thereon, and ten yolkes of egges, & two spoonefulls of cinnamon and one of ginger, and one of cloues and mace, and a quarterne of suger finelye beaten, and a litle saffron, & halfe a spoonefull of salt, then take a dishe full of butter, melt it and put it into your flower, and

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therewithall make your paste as it were for mancheat, and mould it a good while, & cutte it in peeces of the bignesse of Ducks egges, and so mould euery pece as a mancheat, & make them after the fashion of an inckhorn broad above and narrow beneath, then sette them in the Duen, and let them bake three quarters of an houre, then take two dishes of butter and clarifie it vpon a soft fire, then draw it out of the euen, and scrape the bottom of them faire and cleane, and cut them ouerthwart in foure peeces, and put them in a faire charger, and put your clarified butter vpon them, and haue cinamon and ginger readie by you, and suger beaten berrie small, and mingle altogether, and euery as you set your peeces together, cast some of your suger, cinamon and ginger vpon them, when you haue set them all vp, lay them in a faire platter & put a litle butter vpon them, & cast a litle suger on them, & so serue them.

To make a vaunt.

Take marie of Beefe as much as you can holde in both your hands, cut it as big as great dice, then take dates and cutte them as bigge as small Dice, then take fortie pynes and cutte the fruites from the stones, then take halfe a handfull of
of

of small raisons, wash them cleane and
 pycke them, and put your marie in a sayze
 platter, and your Dates, Fzunes and small
 raisons, then take twenty yolkes of egges,
 and put in your stuffe befoze rehearsed, then
 take a quarterne of Sugar oz moze, and
 beate it small and put in your marrow, then
 take two spoonefulls of Sinamon and a
 spoonefull of Ginger, and put them to your
 stuffe and mingle them altogether, the take
 eight yolkes of egges, and foure spoonefulls
 of Rosewater, straine them and put a little
 suger in it, then take a faire frying panne
 and put in a little peece of butter in it, as
 much as a walnut & set it vpon a good fire,
 and when it looketh almost blacke, put it
 out of your panne, and as fast as you can
 put halfe of your egges in the midst of
 your panne, and frie it yelow, and when
 it is fried, put it into a faire dish, and put
 your stuffe therein, and spreadde it all the bot-
 tome of your dish, and then make another
 baunt euen as ye made the other, and set it
 vpon a faire boord, cut it in pretie peeces, of
 the length of your will finger, as long as
 your baunt is, and laye it vpon your stuffe
 after the fashion of a little windowe, and
 then cutte off the endes of them as muche

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as lieth without the inward compasse of the dish, then set the dish within the Duen, or in a baking panne, and let it bake with leasure, and when it is baked enough, the marrowe will come faire out of the baunt to the the bzin of the dish, then drawe it out, and and cast a litle suger on it, and so serue it in.

To preferue quinces whole.

TAke a pottle of faire water, and put it into a cleane panne, and bente iii. pound of fine suger, and put into it, then sette it on the fire, and when you haue skimmed it, put in twelue spoonefuls of rosewater, then take x. faire Quinces and pare them, and coze them cleane, then put them into your sirrup, and so couer them verie close for the space of two houres with a faire platter, and let them boyle a good pace at the two houres and vncouer them, and looke whether you find them tender, and that they haue a faire crimson colour, then take them vp, and lay them vpon a faire platter, conering your sirroppe againe. And let it seeth while it be somewhat thicke, then put your Quinces into your sirruppe againe, and so haue a faire galie pot, and put in both your sirrup and quinces as fast as you can, and couer

cover your pottle close that the heate goe not forth, you must not put them in a glasse for it will breake.

To preferue peare plummies.

First take two pounds and a halfe of fine Sugar, and beate it small, and put it in, to a pretie brasse pottle with xx. Spoonefalles of rosewater, and when it boyleth skimme it cleane, then take it of the fire, and let it stand while it be almost colde then take two pound of peare plummies, and wipe them vppon a faire cloth, and put them into your sirruppe when it is almost colde, and so sette them vppon the fire againe, and let them boyle as softely as you can when they are boyled enoug the kernalles wilbe yellow, then take them vp, but let your sirrup boile till it be thicke, then put your plummies vppon the fire againe, and let them boyle a walme or two, so take them from the fire, and let them stande in the vessell all night, and in the morning put them into your pot or glasse and cover them close.

To preferue oranges.

Choise out the fairest, and the heaviest, that is full of liquoz, and cut them ful of litle specks, then make a litle round hole in the stalks of the Orange, and breake the strings

A Booke

Stringes of the meate of the Dzenges & close the meate to the sides of your Dzenges with your finger, then will part of the iuice and kernells come out, and laye them in water thzee daies and thzee nights, then take them out, and set a pan with water ouer the fire, and when it seeths, put in your Dzenges, let them not seeth too fast, then you must haue another panne with water readye seething to shift your Dzenges out of the other water, when they haue sodden a pzetty while and so haue one panne after another to shift them still vppon the fire x. or xii. times to take away the bitterneffe of the Dzenges, and you must keepe them as whole as you can in the boyling, and then take them by one by one, & lay them vpon a platter the hole downward, that the water may runne the clearer out of them, then let them stande so vntill you haue boyled your sirroppe, readie for them. Nowe to make your sirrop take to euerie two Dzenges, a pinte of water, & a pound of suger, let your suger be finely beaten befoze you put it into your liquoz & looke that the kettle you boyle them in, be sweete brasse, then take x. whites of egges, and put them into your kettle with your liquoz and suger, and beate your whites of egges, and the

the liq̃uoz together a good quarter of an
houre, then set your liq̃uoz vpon a softe fire
of coales, and let it seeth so soon as you can,
hauing a faire skimmer, and a Cullender
ready, and set your Colender in a faire ba-
son, and as your whites of egges riseth in
skumme take them vp with your skimmer
and put them in your Collender, and you
shall haue a great quantity of sirrope come
from your skumme thzough your Colen-
der into your bason, and that you must saue,
and put it in to your kettle agoin, and when
your great skumme is off, there will arise
still some skumme, which you must take
off with a skimmer, as cleane as you can,
and when your sirrope hath sodden a pretie
while, then put in your Dzenges, and let
them boyle softlye, till you think they be e-
nough, & the sirrop must be some what thick,
then let your Dzenges stand al night vpon
the fire, but there must be nothing but im-
bers. And in the morning take them vp, and
put them in Glasses oz Gallypots.

To preserue Cherries.

T **E**uery pound of cherries take a pound
of suger, that done, take a fewe cherries
and distraine them to make your sirrope,
and to euery pound, a pound of suger, and
cherries

A Booke

cherries, take a quarter of a pound of sirrop, and this done, take your sirrope and Sugar, and set it on the fire, then put your cherries into your sirrope, and let them doyle five seuerall times, and after euery boyling skum them with the backside of a spoone.

To preserue Gooseberies.

TAke to euery pound of Gooseberies, one pound of Sugar, then take some of the Gooseberies and distraine them, then take the sirrope, and to euery pound of Gooseberies, take half a pound of sirrop, then set the sugar and the sirrope ouer the fire, and put in the gooseberies, and boyle them foure seuerall times, and skumme them cleane.

To make Apple moyle.

Roast your apples, and when they be roasted, pill them and strain them into a dish, and pare a dosen of apples and cut them into a chafer, and put in a little white wine and a little Butter, and let them boile till they be as soft as Pap, and stirre them a little, and straine them to some wardens roasted and pilld, and put in Sugar, Sy-namon and Ginger, and make Diamonds of Masse, and lay them in the Sunne, then scrape a little Sugar vppon them in the dish.

A pouder peerelesse for
wounds.

Take Oypiment and Verdigrée, of each
an ounce, of Vitriol burned till it be red
two ounces, bray each of them by it selfe in a
Brsen mortar, as small as flower, then
mingle them altogether that they appeare
all as one, and keepe it in Bagges of lea-
ther well bound, for it will last seven years
with one vertue, and it is called pouder peer-
les, it hath no peere for working in Chirur-
gerie, for put this pouder in a wounde,
whereas is dead flesh, and lay scrapte Linte
about it, and a plaister of Diuiflosius next
vnderneath written, and it ec. The rest
wanteth.

A medicine for the Megrime, Impostume
of the Rewme, or other disca-
ses in the head.

Take Pellitory of Spaine the weight
of a groate, halfe so much Spiegall,
beate these in powder, take the tops of
Rose, of Rosemary with the flowers, three
or four leaues of Sage in the hole, of these
herbes one small handfull, boyle all these
herbes with the Spices in halfe a pinte of
White wine, and halfe a pinte of Vineger
of Roses, vntill one halfe of the liquor be

A Booke

consumed, then straine forth the hearbes, and set the liquoz to coole, and being colde put thereunto threē spoonesfull of good Muscard, and so much honey as will take away the tartnes of the medicine, and when the patient feeleth any payne in his head, take a spoonesfull thereof, and put it into his mouth, and holde it a prittie while gargaling, and then spitte it forth into a vessel, and so vse to take ten spoonesfulles at one time in the morning fasting, vsing this threē daies together, when they feele themselves troubled with the Kewme, at the fall and spring of the lease is best taking therof, and by the grace of God they shall finde ease.

You must keepe this same medicine very close in a glasse, whose goodnesse will last ten dayes and when you take it, warme it as milke from the Cowe.

A Copie of Doctor Steeuens water.

Take a gallon of Gascoigne wine, then take Ginger, Galingale, Camamill, Cinamon, Graines, Cloues, Mace, any seedes, Fennell seedes, Carraway seedes, of euery of them one dramme, that is two pence

pence halfe peny waight, then take Sugar
minced, red Roses, Lime, Bellitorie of the
wall, wilde Gargerum, Venirpall, Venti-
mountain wilce Lime, Lauender, auens,
of euery of them one handfull, then beate
the spice small, and bruse the hearbes, and
put a'll to the wine, and let it stand twelue
houres, stirring of it diuers times then still
it in a Linbecke, and keepe the first pinte
of water by it selfe, so it is best, then will
come a second water, which is not so good
as the first, the vertue of this water is this:
It comforteth the spirites, and preserveth
greatlye the youth of man, and helpeth in
warde diseases comming of colde, against
the shaking of the Palsey, it cureth the con-
traction of sinewes, and helpeth the incep-
tion of women, it killeth the wormes in the
bellye, it helpeth the tooth-ache, it helpeth
the colde Colic, it comforteth the Stomack,
it cureth the cold Dropsye, it helpeth the
Stone in the Bladder, and the Reines of
the backe, it cureth the Canker, it helpeth
shortlye a stinking bzeath. And who so vseth
this water now and then and not too often,
it preserveth him a good liking, and shall
make him seeme yong very long.

Approued pointes
A medicine for all manner
of Sores.

TAke vnwrought Ware, Turpentine,
oyle Oliffe, Sheeps Tallowe, or Deeres
Sewet, a quantitie of euery of them, and
then take a quantitie of the iuice of Bugel,
the iuice of smallage, a quantitie of Kos-
sen, and boyle them all together ouer a
soft fire, stirring them alwaies till they be
well mingled, and that the grēnes of the
iuyce be come, and then straine it through
a faire cloth into a cleane vessell, and this
shall heale Wounde. or Soze whatsoener it
be.

Another for all sores.

TAke a quarter of a pound of Pitch, as
much of Ware, as much of Kossen, as
much of Capons grease, or other soft grease,
and put them in a panne and seeth them al-
together, till they bee melted, and then
straine them through a faire cloath, and
make a plaister to lay to the place grēned,

To defend Humors.

TAke beanes, the rinde or the vpper skin
being pulled of, & bruse them and mingle
thē with the white of an Egge, and make
it sticke to the Temples, it keepeth backe
humors flowing to the eyes.

To

To make Rosemary water.

TAke the Rosemarye, and the flowers in the middelt of May, before sunne arise, and strippe the leaues and the flowers from the stalke, take foure oz fine alicompane rootes, and a handfull oz two of Sage, then beate the Rosemarye, the Sage and rootes together, till they be very small, and take thye ounces of Cloues, iij ounces of Mace, iij. ounces of Quibles, halfe a pound of Anisēdes, and beate these spices euery one by it selfe. Then take all the hearbes and the Spices, and put therein foure oz fine gallons of good white wine, then put in all these Hearbes and Spices, and Wine, into an earthen pot, and put the same pot in the ground the space of sixtene dayes, then take it vp, and styll in a styll with a very soft fire.

To make Bisket bread.

Firste take halfe a Decke of fine white flower, also eight newe laide egges, the Whites and Yolkes beaten together, then put the said egges into the flower, then take eight Graines of fine Milke, and stampe it in a Morter, then put halfe a pint of good Damaske water, oz else rosewater into the Muske, and mingle it together,

Approued pointes

and put it into wine or Muscadine, but Muscadine is better, and put it into the flowze, also one ounce of good anniseedes, clean picked and put therin, and so to work them altogether into a Masse, as yee doe bread, and then make your biskettes into what fashion you thinke best, and then put them into an Ouen, and bake them hard if you will keepe them long, or else but indifferent, if you will haue it candite. take rosewater and Sugar, and boyle them together till they be thicke, and so slices of bread, then set hot in the Ouen untill the same be candit.

Certaine approued pointes of Husbandrie, very necessary for all Husbandmen to knowe.

First of Oxen,

Tokens whereby an Oxe is known to be good and towarde for the worke, are these: readye and quicke at the voice, hee moueth quickly, he is short and large, great eares, the Hornes liuely and of meane bignesse and blacke, the head short, the breast large a great panche, the tayle long, touching the ground with a tuffe at the end, the haire curled, the backe straight, the raines

rains large, the leg strong and sinowes, the
houffe shorte, and large, the best colour is
blacke and red, and next vnto that the baye
and the pyed, the white is the worst, the
greye and the fallowes or yellowe is of lesse
valure. The charge of one that keepeth
them is chiefly to vse them gently, to serue
them with meate and good litter, to rubbe
or kembre them at night, to strike them ouer
in the morning, washing sometimes their
Tayles with warme water, also to keepe
their stable cleane, and that the poultrie or
Hogges come not in, for the feathers maye
kill the Oren, and the dung of sicke Hogges
breedeth the murren.

Item hee must knowe discretely when
oren haue laboured enough, and when but
little, and according to that they are to bee
fed.

Item that he worke them not in a time
too cold or too wet.

Item that hee suffer not them to drinke
presentlie after a great labour, and that hee
tie them not vp forthwith, vntill they bee a
little refreshed abroad.

The Oxe desireth cleare or running wa-
ter like as the Horse desireth the puddle or
trouled water.

Approoued points

Item that at their comming home, hee alwaies ouerlooketh them, whether there bee anie Thornes in their feete, or if the yoke haue gauled them.

In Fraunce they gelde all their Bull, calves about the age of two yeares, and that at the fall of the leafe.

The day when they are to bee cut, they must not drinke, and must eate but little. They suddenly clippe the sinnewes of the stoncs with a paire of tonges, and so cutte out the stoncs in such sorte, as they leaue behind the ende that is tied vnto the sinnewes for so the Calfe or Bullocke shall not bleed ouermuch, nor shall leese all his virility and courage.

At the age of ten monethes the Bullock changeth his fozte teeth, and at fixe moneths after they scale the next teeth, and at the ende of thzee yeares he chaungeth all his teeth.

Note when an Ore is at best, his teeth are equall, white and long, and when hee is old, the teeth be vnequall and blacke.

If an Ore haue the laske, which often times is with bloud, and maketh him berie weake they keepe him from drinke foure or fve dayes, they giue him Malnattes and
harde

harde Cheese, tempered in thicke wine, and
for the uttermost remedie, they let him bleed
in the middes of the forehead.

To make him lose bellied they give him
two ounces of aloes, made in powder with
warne water.

An Ore pisseth bloud of being too much
chased, or of eating ill hearbes, or flowers,
they keepe him from drinke and drench him
with Treacle in two pints of Wine or ale,
putting thereto Saffron.

For the Cough they seeth Slope in his
drinke.

For the biting of an Adder or venomous
dogge, they noint the place with oyle of
Scorpion.

If hee bee lame of colde in his fecte, they
wash him with old urine warmed.

If he be lame of the abundance of blood
fallen downe into the pastornes and hoofs,
they dissolue it by rubbing and launcing.

Item the better to keepe their Oren in
health, whether they be to be laboured or to
be fatted, they wash his mouth eyght dayes
with urine, and there is taken awaye much
fleame, which taketh from an Ore his taste
and stomack.

If the fleame haue made him haue the
murre,

Approoued points

murre which is knownt by the watering of the eye, they wash his mouth with time and whlte wine or rub it with water and salt.

Of Horses.

Tokens of a good Colte, the head lyttle and leane, the eare straight, the eyes great, the nostrelles wide, the necke little towards the head, the back short and large, close bellied, the cullions or stones equall and small, the tayle long tufted with haire, thicke and curled, the legges equall, high and straight, the hounffe blacke, harde and hie, he should be quicke and pleasant.

The age of Horses is knowne partly by the hoofe, & principally by the teeth. When the horse is two yeres and a halfe, the middle teeth aboue and beneath doe fall.

When he is foure yeare olde, the dogge teeth fal and others come in their places, before he be sixe yeaeres olde the great teeth aboue do fall, and the first yere the first that fel come againe, the seauenth yeere all is full, and they be all shut.

Of sheepe.

Certaine dayes before the Hammes bee put to the Powes, they drench them with Salt water, thereby the powes will take.

take the better, and the rammes (they say) were more full of appetite.

To haue many male lambes, they chuse a drie time, the winde at North, letting the Powes go in pasture that lieth open against the Northerne winde, and then put in the rammes.

To haue many female lambes, they contrariwise obserue the Southwinde.

When a Pow is with lambe, if she haue a blacke tongue they say, the lambe will be blacke, and if the tongue be white, the lamb likewise will be white.

Tokens of a good sheepe: a great bodie, the necke long, the woll deepe, soft and fine, the belly great and couered with wooll, the fets great, great eies, long legges and long taile.

Tokens of a good Ram, the body high and long, a great bellie couered with wooll, a fleece thicke, the forehead broad, eyes black with much wooll about them, great eares couered with wooll, great stones, well horned, but the more writhed the better, the tongue and pallat of the mouth all white, to the ende that the Lambes may bee all white.

Approoued points of Hogges.

The Hogge of himselfe though filthy, yet they say hee prospereth the best, if hee lodge in a cleane stie, and euerie month his stye should be cast ouer with fresh granelle or sand, to make his lying fresh, and to drie vp the pisse and filth.

They gelde their pigges when they are a yeare olde or sixe moneths at the least, for they ware much greater if they be gelded at the saide age.

They chuse them Bores that haue the head short and large, the best large, colour black or white, the feet short, the legs great, and those that haue strongest haire on the top of their back.

Those are to be kept for sowes whiche be longest, with hanging bellies, great Lettes, deepe ribbed, a litle head, and short legges.

Hogges be sicke when they rubbe much their eare or refraine their meat, but if none of these signes appeare, they plucke off one of his haire on the backe, if he be clean and white at the roote, he is well, if he be bloudie or foule he is sicke.

They will haue their hogges eyther all white, or all blacke, and in anye wise not.

not speckled or of two colours.

They refraine from dunging their lande while the moone encreaseth, for that they note more abundance of weedes to come thereby.

Touching the sowing of Beanes they obserue this. At the fall of the lease, in strong lande they sow the great Beanes. At spring time in weak and round ground they sow the common small beans and both sorts at the full of the moone, that they may be the better codded.

They vse to cut them at the newe of the Moone before day.

Their flax as soone as they haue gathered it, they set it vnder a house or houell, and suffer it not to take raine or dew as wee do.

To make Cheese yellow, they put in a litle Saffron.

To kepe Apples, they lay them on straw strowed, the eye of the apple downewardes, and not the stemme.

And when they woulde haue anie great store, well and long kept from perishing, they gather and choose the soundest, heaviest and fairest, beeing not ouer riped, they prouide a Hogshed, Hat, or great Whitche, they

Approoued points

they bring the Apples where it shall stande, then they lay a laine of strawe, and vppon the same a laine of Apples, and then strawe againe, and apples likewise untill the Wessel be full to the brimme, shutting it close, with the head or couer that no aire come in.

To cure the malladie of trees that beare woormeaten fruite, which comnieth of much wet or a moist season, at that time they pearce the Trees through with an Auger as neere the roote as they may, to the ende that the humoz whereof the woormes do breede, may distill out of the tree.

If trees through oldnesse or otherwise leaue bearing of fruite vsuallis, they vse not to loppe them, but onelie cut away the head boughes, they vncouer the rootes after all Saints tide, and cleaue the greatest of the rootes, putting into the clefts shiners of flints or harde stones, letting them there remaine, to the ende that the humour of the earth maye enter and ascend into the tree after about the end of winter, they couer againe the rootes with verie good earth: if they haue anie deade Carrions they burie them about the rootes of suche Trees.

An

for sundry diseases.

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An excellent drinke for the Tifficke
well approued.

TAke a handfull of fennell roots, as much
persely roots, as many alisander rootes,
halfe a handfull of Bozrage rootes, and put
out the pith of all the said rootes, then take
halfe a handfull of Penyrpall, as much of
Violet leaues, and as much of Cinkfoyle,
as much Succorye, Endiue, Hollyhocke
leaues, Pallowe leaues, and red Garden
mintes, of all these the like quantity as of
these next before, halfe a handfull of Lico-
ris sticke scraped, brused and beaten to fine
powder, a gallon of faire running water,
boyle therein all these simples, and boyle
these seedes with them, that is three spoon-
full of anniseedes, as much Fennell seede,
the like of Colliander seeds and Commin
seede, a good handfull of Dandelion rootes,
and so boyle altogether from a gallon to a
pottell, and let the patient drinke thereof
first and last, and it will helpe him in shorte
space. probatum est.

To make water imperiall for all wounds
and Cankers.

TAke a handfull of red Sages leaues, a
handfull of Helondine, as much of
Woodbind leaues, take a gallon of conduit
water,

Approued Medicines

water, and put the hearbs in it, and let them boyle in a pottle, and then strain the hearbes through a strainer, and take the liquoz and set it ouer the fire againe, take a pinte of English honye, a good handfull of Koch Allam, as much of white Copperas, Lime beaten, a penniworth of grains brused, and let them boyle all together thzee or foure houres, and then let the skumme be taken off with a feather, and when it is cold, put it in an earthen pot or bottle, so as it may be kept close, and for a greene wound take of the thinnest, and for an olde wound of the thickest, couer the soare rather with Meale or Butten, skimme them with dock leaues, when that you haue dressed them with this wates.

To make water imperiall an
other way.

Take a handfull of Dragon, of Scabious of Endiue, a handfull of Pimpernell, a handfull of Wormewood, of Kew, of Tan-
sie, of Fetherfoye, of Daisie leaues, of cou-
lips, of maiden haire, of linckfoyle, of Dan-
delion, of Lime, of Bawme, of each of these
hearbes a handfull, of Treakle a pound, of
Bolearmoniacke foure ounces, and when
you haue all these hearbes together, you
must

for sundry diseases.

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must take and shread them a little, not too small, then take the Treacle, and the Bole armoniacke, and mingle them and the hearbes together, then put them in a stillatory, and still them: & fier.

To make Sinamon water.

TAke Kennish wine a quart, or Spanish wine a pint, rose water a pint and a halfe, Sinamon bzused a pound and a halfe, let these stand infused the space of foure and twentye houres, then distill it, and being close stopp'd and luted, then with a soft fire distill the same softly in a Limbeck of glasse and receiue the first water by it selfe.

Also if ye be so disposed to make the same water weaker, take thre pints of Rosewater, and a pinte and a halfe of Kennish wine, and so distill the same, and you shall haue to the qualitie of stufte, the quantity of the water, which is thre pints, but the first is best, and so reserue it to your vse both morning and euening.

To make Sinamon water another way.

TAke thre quartes of Muscadine, and a pound of Sinamon, and halfe a pinte of good rosewater, and so let them lye infused the space of foure and twentye houers,
and

Approued Medicines

and destill it as aforesaide, and you shall receiue to the quantitie as to the qualitie, but the firste pinte is the best and the cheefest of all the other, as is manifest by practise.

To make Agnacompocita for
a surfer.

TAke Rosemary, Fennell, Ysop, Time, Sage, Horehound, of each of these a handfull, Bennirial, red mints Margerum, of each sixe crops, a roote of Enula Campana, of Licoriz, Annyseeds brused of each two ounces, put all these to thre gallons of mightie strong Ale, and put it into a brasse pot ouer an easie fire, and set the Limbecke vpon it, and stop it close with dowes or paste, that no aire doe goe out, and so keepe it stilling with a softe fire, and so preserve it to your vse as need requireth.

To make the water of life.

TAke Balme leaues and stalkes, burnet leaues and flowers, a handfull of Rosemary, Turmentill leaues and rootes, Rosa solis a handfull, red roses a handfull, Carnations a handfull, Ysop a handfull, a handfull of Time, red strings that grow vpon Sauery a handfull, red Fennell leaues and rootes a handfull, red Mints a handfull, put all these hearbes into a pot of earth glazed

sed, and put therto as much white wine as will couer the hearbes, and let them soake therein eight or nine dayes, then take an ounce of Sinamon, as much of Ginger, as much of Nutmegs, Cloues and Saffron, a little quantitie, of Annyseedes a pound, great Raisons a pound, Sugar a pound, halfe a pound of Dates, the hinder part of an olde Cony, a good fleshye running Capon, the flesh and sinewes of a legge of mutton, foure yong Pigeons, a dosen of Larks, the yolkes of twelue egges, a loafe of white bread cut in sippettes, Muscadell, or Bastard three gallons, or as much in quantitie as suffiseth to distil all these together at once in a Limbecke and thereto put of Perhydaturum two or three ounces, or else with as much perfect Treakell, and distill it with a moderate fire, and keepe the first water by it selfe, and the second water alone also, & when there cometh no more water with strings, take away the limbecke, & put into the pot more wine vpon the same stuffe, and styll it againe, and you shal haue an other good water, and shall so remaine good. In the first ingredience of this water, you must keepe a double glasse warely, for it is restozatiue of all principall members,

G.

Approoued points

bers, and defendeth against all pestilentiall diseases, as against the Paultie, Droopie, Spleene, Yellowe or blacke Jaundice, for wormes in the bellye, and for all agues be they hot or cold, and all maner of swellings, and pestilentiall sorowes in man, as melancholy, & flegmatike, and it strengtheneth and comforteth all the spirits and strings of the braine, as the heart, the milke, the liuer, and the stomacke, by taking thereof two or thre spoonefulles at one time by it selfe, or with ale, Wine or Beere, and by putting a pittance quantitie of Sugar therein, also it helpeth digestion, and doth breake winde, and stoppeth laske, and bindeth not, and it mightely helpeth and easeth Man or Woman of the paine of the heart burning, and for to quicken the memozy of man, and take of this water thre spoonefuls a daye, in the morning, and another after he goeth to dinner, and the third last at night.

To make a good plaister for the
Strangurie.

TAke Hollyhocks, and violets, and Mercury, the leaues of these hearbes, or the seedes of them, also the rinde of the Elberne tree, and also leyd Wort, of each of these a handfull, and beate them small, and seeth them

them in water, till halfe be consumed, then
 doe thereto a little oyle *Oline*, and all hot
 make thereof a plaister, and laye it to the
 soze and raines, and also in Summer thou
 must make him a drinke in this manner:
 take *Sapifrage*, and the leaues of *Elderne*
Fine leaved grasse, and seeth them in a pot-
 tle of stale ale, till the halfe be wasted, and
 then straine it and keepe it cleane, and let
 the sicke drinke thereof first and last, and if
 you lacke these hearbes because of Winter,
 then take the rootes of *Fine leaved grasse*,
 and dye them, and make thereof powder,
 and then take *Mytter shelles* and burne
 them, and make powder of them, and min-
 gle them together, and so let the sicke vse
 thereof in his *Pottage* and drinke, and it
 shall helpe him.

To make a powder for the Stone
 and Stranguillian.

Take blacke *Bramble* berries while they
 be redde, *Baye* berries, the inner pitch of
 the *Ashe* keyes, the stones of the *Eglantine*
Berryes clouen, rubbed from the hayre,
Putte keyes, the rootes of *Philopendula*,
 of all these a like quantitie, *Accorne* ker-
 nelles, the stones of *Slowes*, of each a like
 quantitie, dye all these on platters in an

Approoued points

ouen till they will be beaten to powder, then take Gromell seede, Saxifrage seede, Alexander seede, colliander seede, parsely seede, comin seede, fennell seed, anniseede, of ech of these a like quantitie, as much as is befoze witten, and dried in like sort, then beate all these to fine powder, and take Licoriz of the best that you can get, faire scraped, as much in quantity as of al the other, and beat it fine, & mingle it with the same powder, and so keepe it close that no winde come at it, vsing it first and last with posset drinke made with white wine or ale, and when you eate your pottage or other broth, put some in it if you be sore pained, & if you haue any stone, it will come away by shiuers, and if it do so, when you thinke that your water beginneth to cleare againe, take this drinke that followeth, and it will cleanse your bladder, and it will leaue no corruption therein.

The drinke.

TAke Kelsmary, with Tyme, and seeth them in running water, with as much Sugar as will make it swete from a quart to a pinte, vse the quantitie of your hearbes according to your discretion, so that it may saour well of the hearbes, and so vse it 9. mornings, 6. or 7. spoonfulles at a time.

For

For the shingles a remedie.

Take Dones dirte that is moyſtſye, and of Barly meale heaped halfe a pound, and ſtamp the well together, and do therto halfe a pinte of vinegar, and meddle them together, and ſo laye it to the ſoze colde, laye wall leaues theſe upon, and ſo let it lye thre dayes vnremoued, and on the third day if neede require, laye thereto a new plaister of the ſanie, and at the moſt he ſhalbe whole within thre plaisters.

For all maner of ſinewes that
are ſhortened,

Take the head of a blacke ſheepe, Camemill, Sozrell leaues, Sage, of each handfull, and bray theſe hearbs in a mortar, then boyle them altogether in water, till they be well ſodden, and let them ſtand till that they be colde, then drawe it through a ſtrainer, and ſo uſe it.

A ſufferaine ointment for ſhrunken ſinewes
and aches.

Take eight Swallowes ready to flye out of the neſt, drive away the breeders when you take them out, and let them not touch the earth, ſtampe them untill the feathers cannot be perceiued. put to it lauender cotton, of the ſtringes of ſtrawberies, the tops

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of mother time, the toppes of Rosemarye, each a handfull, take all their weight of May butter, and a quarte more, stampe all the fethers that nothing can be perceined, in a stone morter, then make it vp in bales, and put it into an Earthen potte for eight dayes close stopped that no ayre take them, take it out, and on as softe fire as may bee teethe it, so that it do but simmer, then strain it, and so reserve it to your vse.

For sinewes that be broken in two.

Take Clozmes while they be knite, and looke that they departe not, and stamp them, and laye it to the soze, and it will knit the sinewes that be broken in two.

For to knit sinewes that be broken.

Take Archangell and cut it in small gobets, and lay it to the soze, and take Oyle soyle and stampe it, and lay it aboue it hard bound, and let it lye so thre dayes, and at the thre dayes end take it away, and wash it with Wine, and then make a new plaister of the same, and at thre dayes ende put thereto another, and doe nothing else thereto.

Also take penirpall and braye it, and put salte enough to them, and temper it with hony, and make a plaister thereof, and lay it
upon

upon the sinewes that be stiffe, and it will make them to stretch.

An oyle to stretch sinewes that be shrunk.

Take a quart of Peates foote Dyle, a pinte of Peates Gall, halfe a pinte of Rosewater, as much Aqua Vita, then put all these together into a brasse panne, then take a hanfull of Lauender cotten, and as much of Baye leaues, a good quantitie of Rosemarie, a good quantitie of Lauender spike, of Strawberry leaues the stringes and all, then take threed and binde them all in seuerall braunches, and put them into the panne or pot, and set them ouer the fire vpon cleare Coales, with the oyles altogether, and so let them boyle a good while, and when it is boyled enough, it will boyle but softlye, then take it of the fire, and let it stand till it be almost colde, then straine it out into a wide mouthed Glasse, Bottle or pewter potte, and stop it close, it will not continue in no wooden thing, and where the sinewes be shrunk, take of this being warmed, and annointe the place therewith, and chafe it well against the fire, and vse this morning and euening, and keepe the place warme, and you shal finde great eas

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For to staunch bloud.

TAke Bole armoniacke, and Turpentine, and make a plaister, and lay it to, and take the mosse of the Hazell tree, and cast it into the wound and it will staunch soorthwith, and the longer that it is gathered the better it is. Also take a good peece of Martinmas Beefe out of the rouse, and heate it on Coales, and as hotte as yee may suffer it laye it there to: also take a peece of leane salte Beefe, and let the Beefe bee of that greatnesse that it may fill the wounde, and laye it in the fire in the hotte ashes, til it be hotte thzough, and all hot thrust it in the wound, and binde it fast, and it shall staunch anon the bleeding, when a maister vaine is cut, and if the wound be large.

For swelling that commeth suddenly
in mans limmes.

TAke Hartes tongue, Cherfoyle, and cut them small, and then take Dregges of ale, and Wheate bzanne, and sheepes Tallowe moulte, and doe all in a potte, and seeth them till that they be thicke, and then make a plaister, and lay it to the swelling.

Also take faire water and salt. and stirre them well together, and therein wet a cloth and lay it to the swelling.

For

For to make one slender.

TAke Fennell, and seethe it in water, a very good quantitie, and wring out the iuyce therof when it is sod, and drinke it firste and last and it shal swage either him or her.

A good ointment for scabs, and for itcking of the body.

TAke foure ounces of Dyle de baye, and an ounce of frankensence, & two ounces of white waye, and thre ounces of swines greace, and an ounce of Quicksiluer, that must bee slacked with fasting spittle, an ounce of great salte, as much of the one as of the other, and of all these make an oyntment, and if the scabs or itch be vpon all the whole bodye as well aboue the girdle as beneath, then when thou goest to bedde washe both thy handes and thy feete with warme water, and battle them well therein by the fire, and after dye them with a cloth of linnen then take vp with thy fingers of that oyntment, and doe it in the palmes of thy handes, and in the soles of thy feete, and rub it well together that it may drinke in well, & if it doe soke in wal, thou must put glones on thy hands and sockes on thy feete, and thus doe euery night when thou doest goe to bed,
and

A booke

and if the scabbe or itch be aboue the girdle and not beneath, then anoint but thy hands, and if the scabbe be beneath the girdle, then looke that you annoynte the soles of your feete, and the scabbe or itch be in al the body, as wel aboue the girdle as beneath, then thou must annoint both thy handes and thy feet as thou sittest by the fire, and thou shalt be whole: this hath been proued.

For all maner of scabbes.

TAke Enela Campana, red docke rootes, Nightshade, woodbinde leaues, and then cast in a peece of allome, and put in Vitriol Romana rubified, when it is colde, & wash the scab therewith.

And take white ointment, Bizimstone, Quicksilver, verdigrease, and mingle them together, and therewith annoint the soze scab.

For a man that hath drunken poyson.

TAke betony, and stamp it, and mingle it with water, and the poyson that the partie hath drunke, will presentlye come forth againe.

To restore speech that islost suddenly.

TAke penitrial, & temper it with ayssel, and giue it to the sicke to drinke it, laye also a plauster of this to his nostrilles so graued.

FINIS.



The table of the booke followving
gathered according to euery folio
throughout the whole
Booke

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To boile Conys. 4

To boile a Cony. 4

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To boile Mutton and
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To boile a capon in white
broth. 5

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